

REPORT

OF THE

COMMITTEE OF VISITORS

OF

THE LUNATIC ASYLUM

FOR THE

North and East Ridings of Yorkshire :

PRESENTED AT THE

EPIPHANY QUARTER SESSIONS FOR THE RESPECTIVE
RIDINGS, 1851 :

AND

SPECIAL AND SUPPLEMENTAL REPORTS ;

TOGETHER WITH

THE SUPERINTENDENT'S FOURTH ANNUAL REPORT, READ AT
THE EASTER SESSIONS, 1851 :

AND

AN ACCOUNT OF THE RECEIPTS AND PAYMENTS TO THE END
OF THE YEAR, 1850.

LEEDS :

ALICE MANN, PRINTER AND STATIONER, DUNCAN-STREET.

1851.

R E P O R T .

*North and East Ridings' of Yorkshire Lunatic Asylum,
Clifton, York, 23rd December, 1850.*

FOURTH ANNUAL REPORT OF THE COMMITTEE OF VISITORS.

TO HER MAJESTY'S JUSTICES OF THE PEACE FOR THE RESPECTIVE RIDINGS OF YORKSHIRE, IN GENERAL QUARTER SESSIONS ASSEMBLED.

DURING the present year but few admissions of Patients have taken place, in consequence of the erection of the new wings having rendered it necessary to remove the roofing from a portion of the existing Asylum, and also on account of the large proportion of old standing cases of insanity remaining at the date of the last Annual Report.

The Statistics of the year will be included in the Medical Superintendent's Report, to be presented at the Easter Sessions in 1851, when the Finance Accounts will also be ready. The number of Patients in the Asylum is 153, being 77 males and 76 females.

Applications for the reception of Patients continue to be made, so that the number on the Register has increased to 63. From the remarks accompanying many of these requests, the Committee of Visitors are assured of the estimation in which the Asylum is held by the Ridings. They trust the time is near at hand, when all these poor Lunatics may be placed under their care, and which was hoped would have been partially the case ere now. The state of the weather, as might be expected at this season of the year, has impeded the progress of the works, which, however, are rapidly advancing towards completion on the male side; and it is hoped that by the commencement of the year, this wing will be opened for the reception of Patients. A good deal remains to be done in the opposite side, which will not be fit for habitation for a few weeks to come. The Committee have much satisfaction in reporting that they have every expectation that the sum of £5000 granted by the Ridings a year ago, for the purpose of enlarging the Asylum to contain as then stated 100 more patients, will not be exceeded, notwithstanding that the accommodation has been since augmented for the reception of an additional number.

The Patients of both sexes are busily employed in making the outfit of Clothing, Bedding, &c., &c.; and the males are likewise engaged in making the Furniture and preparing Horse Hair for Mattresses. The Committee have therefore reason to hope that the amount granted for the necessary Furnishing, Clothing, &c., will be sufficient to provide for the increased number of Patients.

Of the advantages of the Industrial System of Management established here from the opening, no greater proof can be afforded than that the Asylum has enjoyed the blessings of health and contentment, whilst it has been benefited to a large amount by the regularity with which the individual duties have been performed. One fact deserves especial remark, namely, that in 16 weeks nearly 3000 square yards of earth were excavated for the basement floors, and wheeled and carted away to various distances by the Patients, causing a saving of £125. This great work did not have the effect of interfering with the usual routine of business, although executed in the spring of the year when the largest amount of labour was required in out-door occupations, the results of which are being steadily manifested in the gradual decrease of the weekly charge for maintenance.

The Committee are more than ever convinced of the necessity for providing additional means of employment than at present exist, and this provision will become the more pressing, when the number of patients is increased.

The Committee of Visitors of the Lancaster Lunatic Asylum having long felt the undesirableness and evil of permitting Criminal Lunatics to be associated with the other inmates, some time since addressed a letter to the Secretary of State upon the subject; in this opinion the Committee of the North and East Ridings' Asylum coincide, and trust that no such Lunatics will be placed under their charge, as it would be almost impossible to prevent such patients from interfering very materially with the ordinary discipline of the Asylum. The Committee have great pleasure in stating that the weekly charge for Patients from the 1st of January next, will be reduced to 5s. 10d.

J. V. B. JOHNSTONE,

CHAIRMAN.

*North and East Ridings' of Yorkshire Lunatic Asylum,
27th March, 1851.*

TO HER MAJESTY'S JUSTICES OF THE PEACE FOR THE SAID
RIDINGS IN GENERAL QUARTER SESSIONS ASSEMBLED.

Special Report of the Committee of Visitors.

THE Committee of Visitors have the satisfaction to report to the respective Courts of Quarter Sessions, the completion of the two additional wings to the Asylum, and that the Estimates have not been exceeded.

The New Buildings were opened for the reception of Males on the 8th of January, and for Females on the 5th of February, since which days there have been admitted :

32 Males.

20 Females.

—

Total 52, chargeable to Parishes in the two Ridings.

These comprise the whole the Committee know of, with the exception of 4, for whose removal steps must be taken.

The Committee have arranged with the Board of Guardians of the York Union for the reception of the Patients chargeable to the City Parishes, (subject to the restrictions contained in the 70th Section of 8th and 9th Victoria, chap. 126,) which is considered an arrangement alike beneficial to both parties. The number of these now admitted is 22, there are 10 more shortly to be removed. The number of Patients in the Asylum now chargeable to the two Ridings is 201.

From the greatly increased number of Patients, and the prospect of that number being still further augmented, the Committee strongly urge upon the Ridings the wisdom of purchasing a further portion of Land, laying immediately in front of and contiguous to the Asylum, for which a special proposal will be made at the Midsummer Sessions.

Subjoined is an account of the entire costs of the additional Wings, as certified by the Architects :

	£.	s.	d.
Masonry and Brickwork	2,692	11	2
Carpenter and Joiner	877	15	2
Plasterer	113	11	4
Ironfounder	258	9	6
Painter	76	2	3
Plumber and Glazier	471	0	8

Carried forward £4,489 10 1

	£.	s.	d.
Brought forward.....	4,489	10	1
For using Patent to Fireproof Floor	7	0	0
Draining Pipes and Laying	22	18	4
Asphalte	51	16	6
Architects' Commission	233	2	0
Clerk of Works	70	10	0
	<hr/>		
	£4,874	16	11

The Annual Report of the Superintendent is appended, and it is proposed that it shall be printed as formerly.

JOHN CLOUGH,
CHAIRMAN PRO TEM.

*North and East Ridings' Lunatic Asylum, Clifton, York,
7th April, 1851.*

TO HER MAJESTY'S JUSTICES OF THE PEACE FOR THE RESPECTIVE RIDINGS IN GENERAL QUARTER SESSIONS ASSEMBLED.

Supplemental Report of several Members of the Committee of Visitors.

THE Committee whose Names are attached, regret to announce that on Saturday Morning a Fire broke out in the Laundry in the Asylum, which destroyed the roof, internal walls, fittings, and a great deal of clothing.

No Patient or Domestic happily was injured; the building, furniture, and fittings are insured.

WM. RUTSON,
W. D. T. DUESBERRY,
JOHN CLOUGH,
JOHN AGAR,
BASIL T. WOODE,
GEO. JOHN LLOYD.

REPORTS OF COMMISSIONERS IN LUNACY.

*North and East Ridings' Asylum, Clifton,
26th July, 1851.*

WE have officially visited this Asylum to-day, and have inspected the various wards, which were throughout clean and in excellent condition. The Patients were unfortunately confined to the house by heavy rain, and we were consequently prevented from seeing them employed at their usual out-door occupations; they were generally very tranquil and comfortable, and clean and neat in their dresses and persons.

The total number of Patients now in the Asylum is 161, of whom 81 are males, and 80 females; and it is very gratifying to learn, that of this number at least 140 are regularly employed in profitable labour.

The New Wings are in progress, but they will probably not be fit for occupation before next spring.

The Establishment is evidently under careful and judicious management, and its present condition is very creditable.

S. GASKELL, } Commissioners in
W. G. CAMPBELL, } Lunacy.

*North and East-Ridings' Asylum, Clifton,
Dec. 20th, 1850.*

WE have to-day officially visited and inspected this Asylum, and have seen all the Patients, and conversed with many of them. The different galleries, day rooms, single sleeping rooms, and dormitories, we found clean, comfortable, and in good order. They were also well ventilated and free from any offensive odour, and were kept at an agreeable temperature by the use of open fires.

The numbers at present in the house are 77 males and 76 females, being an aggregate of 153 patients; all of whom at the time of our visit were tranquil and comfortable. No one was in seclusion or under mechanical restraint. Two males and two females were keeping their beds, but the condition of the house generally is healthy; and the names of five only are entered in the register as persons under medical treatment.

A very large proportion, not less than $\frac{7}{8}$ ths of the entire number of the patients, continue to be employed (as heretofore,) in various kinds of work suitable to their sex, age, and previous habits of life.

The Dress of the Patients seemed to us to be clean and neat, more especially that of the women. Their Bedding was warm, clean, comfortable, and of excellent quality.

We are glad to learn, that within a month from the present time, the New Building on the male side may be expected to be ready, and open for the reception of a large number of additional patients of that sex: and we trust that the completion of the New Wing on the female side, will be also pressed on with all possible dispatch. The result of our observations in the course of our recent official visit to this part of the country, has been to satisfy us that the necessity for such additional accommodation is *most urgent*.

Altogether, the condition of the Establishment reflects credit on the care, activity, and judgment of those to whom the management is more immediately entrusted.

J. W. MYLNE, } *Commissioners*
T. TURNER, } *in Lunacy.*

*North and East Ridings' Lunatic Asylum, Clifton, York,
27th March, 1851.*

FOURTH ANNUAL REPORT OF THE MEDICAL SUPERINTENDENT.

To the Chairman and Committee of Visitors :

GENTLEMEN,—The circumstances under which the Asylum was placed throughout the year 1850, much restricted its usefulness, as only a small number of the applicants for whom admission was sought, could be received, in consequence of the erection of the additional buildings.

The rejected Patients were therefore disposed of in various Public and Private Asylums, whilst some, it is believed, were kept in Union Houses, and others with their friends. Happily, there no longer exists any impediment to the ready care of all Lunatic Patients chargeable to the Ridings.

The New Wing on the Male side was opened on the 8th January, and on the Female side on the 5th February last. These events followed in less than a year from the time when the Patients commenced the extensive excavations for the basement offices and foundations, which measured 220 feet in length, and in width averaged upwards of 30 feet, by 10 feet deep. The Patients were very often required during the course of the building, for digging trenches, drains, &c., which they executed with cheerfulness. Since the Contractors have left the premises, they have been engaged,—many of the new comers joining them,—in levelling, making slopes, and approaches, and in assisting to build two dry areas which were not included in the contract. It is not, however, my province now to report upon the transactions of the present year, but to confine my observations to those of 1850.

Males. Females. Total.

There were in the Asylum on the 1st } January, 1850	81	78	159
Admitted to the 31st December, 1850 ...	9	9	18
	—	—	—
	90	87	177
Discharged cured	1	7	8
Removed, chargeable elsewhere, or at } the request of friends, being no longer } chargeable	3	1	4
Died	8	3	11
	—	—	—
Remaining in the Asylum on the 31st } December, 1850	78	76	154

But for the sake of continuing the plan adopted in former Reports, it would, from the limited accommodation for new admissions afforded last year, be scarcely worth while to state the percentage of cures, as no conclusive inferences can be drawn from them.

Of the 177 patients under care, 6.21 per cent. died. The daily average number in the house was nearly 160, of whom 6.875 per cent. died.

From the opening of the Asylum on the 7th April, 1847, there have been admitted 154 males and 130 females, together 284 patients; of whom, 31 males and 9 females, total 40, are deceased; and 40 males and 43 females have been cured, total 83,—of this number 5 males and 4 females have been re-admitted. Two of the re-admitted males and two females have been twice discharged. One of the males, and two of the females remain, and two of the re-admitted males are included in the obituary. Consequently, 76 of those recovered, namely 37 males and 39 females, continued well up to the 31st December last.

Calculating the cures for the year, upon the admissions for the same period, it will be seen that $44\frac{1}{2}$ per cent. were discharged. With the lamentable fact that out of the 18 patients received in 1850, only one female presented a fair hope of recovery, and that the others were afflicted with chronic mania, idiocy, and epilepsy, it is obvious that the percentage of cures mainly depended upon the restoration of some of those admitted in former years. In last year's Report it is stated that out of 159 patients remaining in the Asylum on the 31st December, no less than 149 were of the unfortunate class considered incurable; leaving only 10 cases of a hopeful character, which, together with the one mentioned above, made a total of 11 curable patients; of whom 8 were actually cured and discharged, thus shewing the cures upon that class, to amount to upwards of 72 per cent.

Without a distinction of this kind, it is impossible to judge of the success of the treatment pursued; and this remark will be applicable to the current year, since the admissions have already brought an undue proportion of chronic cases, which in all probability, will be greatly increased before its expiration.

The collection of large numbers of probably incurable cases of insanity, takes place in all Asylums, unless exclusively devoted to the treatment of curable patients. There is not an Institution in the country but has particularly alluded to this state of things, accompanied with the opinion, that, could the relatives and friends and parochial authorities be convinced of the advantages derived by early treatment, the delays so constantly occurring in transmitting those attacked with insanity to an Asylum, would be avoided. After such delays, it is much more easy to deprecate the neglect, than to convince those who are unacquainted with the nature of the disease, to act with promptitude in placing insane

persons under treatment in the first stage of the disorder. In common bodily illness, how frequent is it, that the doctor is reluctantly sent for, and how ready are the regrets and reproaches for such neglect, when the indisposition subsequently assumes a dangerous aspect. If then, there is a natural desire with many, to avoid ordinary medical treatment, how much stronger must the antipathy be to acknowledge that loss of reason has befallen a near relative or dear friend.

Amongst the poor, there may be numerous instances, when upon the appearance of insanity, immediate application is made to the proper authorities, from the inability of the friends to manage and take care of a deranged person. It can easily be imagined, that when, firstly, considerable expense must be incurred in sending the lunatic to the County Asylum; and secondly, when there, he is maintained at a high charge to his Parish, there will be a desire to try what can be done at home, or in the workhouse, to restore the patient, and thus avoid sending him to his only legitimate abode. Nothing will conduce so much to the accomplishment of what is desired in this respect, as by lowering, so far as is compatible with efficient care and skilful management, the cost of maintenance in County Asylums, in order that this most dependent and helpless class of our fellow-creatures, who crave our warmest sympathies, may receive all the good which the Legislature humanely contemplated, when it insisted upon the provision of such establishments in every County and Borough throughout England and Wales.

The violence of madness may perhaps be overcome by physical strength in a workhouse, but there will be an absence of that medical and moral influence exercised by those who are familiar with the insane, and which operates so wonderfully upon their conduct. Reference may here be made to the so called non-restraint system of management; the advocates and promulgators of which system,—according to my view scarcely intelligibly named,—admit the necessity of occasionally restraining some violent lunatics, which they prefer doing by means of the attendants laying hold of them, than by the employment of any thing to be placed upon the maniac's person. This much boasted system is doubtlessly recommended, as being more merciful than the use of old fashioned manacles, leg-locks, strait-waistcoats, &c.; but I apprehend that padded rooms and super-human like attendants,—if they can be procured,—cannot honestly be said to entirely supersede in all cases, the use and aid of strong dresses. One might go further in explanation of my meaning, and state that seclusion in a padded or single room, is only another kind of restraint. And that so long as the separation of one lunatic from another, is found under certain circumstances, to be a salutary, safe, and requisite mode of treatment; and that the physical energies of the attendants are needed to prevent the desperate attempts, which some of the insane inhabitants of an Asylum, make upon themselves or

others; or to check and arrest the mischief done to clothing, bedding, furniture, fittings, &c., just so long will a non-restraint system of treatment for the insane be one, only in name.

The causes of death in the year 1850 have been as follow :

1	male,	aged 48 years,	general palsy.
1	„	31 „	exhaustion from epilepsy.
1	„	60 „	natural decay.
1	„	43 „	disease of knee joint and sloughing of back.
1	„	41 „	consumption of the lungs.
1	„	19 „	epilepsy.
1	„	48 „	consumption of the lungs.
1	„	34 „	atrophy, ending in gangrenous ulcerations of the fore-arm and back.
1	female,	27 „	suicide.
1	„	33 „	tumour in the throat and exhaustion.
1	„	72 „	paralysis.

The works connected with the new wards, caused some slight inconvenience, which was most felt on the female side. The unroofing of the No. 2 wards, deprived us of 14 single bed rooms, reducing the available number of such apartments to only a seventh of the patients of both sexes under treatment. When any difficulty arose, it was overcome by ringing the changes between single bedrooms and associated dormitories, from which the best results were gained. Some who were previously noisy or guilty of other improprieties, became quiet and improved in their habits; whilst others regarded as dangerous and of morose disposition, became sociable. I have heretofore adverted to the advantages accruing to the worst classes, by not permitting them to be habitually the occupiers of single rooms, and as this is an important feature in treatment and management, it led to the simple principles upon which the additional accommodation is arranged and constructed, confirming at the same time the statements I have often made, that Asylum architecture need not be so costly for the future, as it has hitherto been. The expense for building and fittings in the additional wings is under £40; and with clothing, furniture, &c., added, only amounts to £50 per patient. The Asylum can now contain about 300 patients, inclusive of the Infirmarys.

Activity and enterprise have signally marked the past year as one of advancement in this Institution. Much as I rejoice that the insane poor of the Ridings can now be admitted without loss of time, it is impossible to regard our future prospects otherwise than with anxiety. The value of spade husbandry as a curative and moral agent has been so thoroughly tested here, and its importance in a financial point of view is so high, that it would be unpardonable not to state the necessity of providing additional means for profitable labour, commensurate with the wants and welfare of the increased number of patients. The quantity of land at present under

cultivation, is so easily managed, that had it not been for the large works continually arising out of construction, since the opening, long ere now the want of more land would have been severely felt. How near an approach to self-support will ultimately be reached, it is difficult to say; but not so to divine that the purchase of 30 or 40 acres of the adjoining land, would not only lessen the weekly cost for maintenance, but greatly facilitate the moral treatment of the patients, and thereby promote their cure. Upon the subject of employment for the insane, I had recently the pleasure to receive the testimony of a Physician engaged in this branch of medicine, and as I have obtained his permission to transcribe it, I take the liberty of doing so.

“ *January 18th, 1851.*

“ My dear Sir,

“ One of the best proofs that I have not the pen of a ready writer, consists in the fact of my having before me an unfinished letter to you dated June 19th, 1850. In that letter I express my obligation to you, for a second time sending me your interesting Annual Report. I can hardly make known to you the deep interest I felt in the perusal of your Reports, especially the last. At the first glance which it was my privilege to enjoy of your Establishment, I felt as it were intuitively convinced that your system was the best I had seen; and further experience confirms me in that opinion. I have now had some little practice in the treatment of the insane, and am fully persuaded that employment is the first, employment is the second, employment is the third requisite in the good management of an Asylum, whether Public or Private. Employment, in short, is my maxim. If I can't discover a vein of some kind or other, in which an inmate can be got to *work*, I entertain but a poor opinion of his prospect of recovery. Amusement is all very well in its way, but it is a miserable substitute for employment. What is wanted, is some continuous occupation, something in which progress is being made from day to day, and from week to week. Many insane of the upper and middle classes never knew the pleasure of being usefully employed, and so with them there is the additional charm of novelty. It is doubtless sometimes difficult to induce such patients to engage in bodily labour, but being fond of such work myself, I find it more easy to entice others to it. There is the same difference between ‘go and work in the garden,’ and ‘come and work;’ as there is between ‘go and storm that battery,’ and ‘come on, my lads.’ Acting on the latter principle, I have got an immense quantity of work done by our patients. The levelling and making of our bowling green, finished in the spring of 1849, furnished a great deal more enjoyment and benefit to the patients, than the playing upon it has since done. In like manner the laying out and making new walks, roads, and flower borders, have been much

“ more gratifying than the walking on the former, or even seeing
 “ the flowers in the latter. If, then, laborious employment is useful
 “ to the insane of the upper and middle classes, *a fortiori*, it is
 “ both suitable and essential to those of the lower classes, who are
 “ by their station tutored to it, or ought to have been so. I am
 “ not now considering the subject in an economic point of view,
 “ though that is sufficiently important when an English rate-
 “ payer’s pocket is concerned. It is the listlessness and idleness,
 “ and by necessary consequence, the mischievousness so painfully
 “ pervading many Asylums, I so much deprecate, all resulting
 “ from a want of regular and constant system of employment.
 “ And when this indolent state is accompanied with a liberal diet,
 “ (which ought to be the general rule with the insane,) the effect
 “ must be not only unfavourable to recovery, but injurious to the
 “ mind of the working man when he is recovered. As to the kind
 “ of work, doubtless, you find some advantage in employing your
 “ patients, as far as practicable, in the trade to which they belong ;
 “ but so healthful and so soothing to the irritable spirit of man, as
 “ well as to the melancholic mind, is gardening and farming work,
 “ that probably many of the more artistic operatives might bene-
 “ ficially be transferred to it. As to the fiscal part of your Report,
 “ I think it most creditable to the management. It will be of
 “ great service in commending your plan of conducting an Asylum
 “ to a utilitarian public. I wish you a happy and prosperous new
 “ year in that regard.

“ Believe me, my dear Sir, yours sincerely,

“ T. W.”

On comparing the appended Accounts with those for 1849, it
 will be seen that the miscellaneous receipts from sales of clothing,
 and for washing clothes, &c., exceed by £121 13s. 1d., the sum
 derived from similar sources in 1849, making a total of
 £256 16s. 10d.; thus diminishing the weekly cost for mainten-
 ance, medicine, clothing, care, &c., at the rate of very nearly 7½d.
 per patient ; a result depending on the industry of the patients, and
 the consequent accumulation of the stock of clothing in previous
 years, as well as the last ; and had the patients’ work, which they
 executed for the new buildings, been paid for, it would have been
 reduced to about 1s. 1d. per week. These facts prove how the
 cost of maintenance may, through a well-regulated and industrial
 system of management, be lowered. It is on this account, that I
 wish to draw your particular attention to the subject of employ-
 ment. Hitherto the Asylum has had a considerable command of
 mechanical labour, enabling us to provide articles of furniture,
 machinery, farm and garden implements, boots and shoes, clothing,
 &c., &c.; but a great majority of the inmates are agricultural
 labourers, who cannot with advantage to their mental or bodily
 health be diverted from their accustomed course of life. Looking
 to the annual progress made in the management of the Farm and

Garden, I trust there is reason to expect the future will be even more prosperous than the past. In confirmation of this cherished hope, I may quote from the summary of cost per head for 1848. Against the Farm and Garden stands the charge of 5d. In 1849 the cost of $3\frac{3}{4}$ d., and for 1850 it is only 3d. But had the produce of milk, butter, vegetables, bacon, pork, &c., consumed in the house been purchased, and had a horse and cart been hired for the purposes for which they are daily required, in such labour as is wholly unconnected with the Farm and Garden; and for which services a second horse and cart will for the future be wanted, the cost would in 1848 have amounted to $8\frac{3}{4}$ d., in 1849 to the sum of $9\frac{1}{4}$ d., and in 1850 to no less than $10\frac{1}{4}$ d. per patient per week.

The benefit conferred on the Asylum, simply in a financial point of view, by this part of the Establishment, was a saving in the weekly average of $3\frac{3}{4}$ d. in 1848, to the extent of $5\frac{1}{2}$ d. in 1849, and which has increased to $7\frac{1}{4}$ d. in 1850; in other words, effecting a reduction of expenditure in each of those years of £108 10s. 3d., of £188 4s. $8\frac{1}{2}$ d., and of £249 5s. 4d. The increase of the Dairy, now also absolutely necessary for the sufficient supply of milk, calls for more grass land, the procuring of which would allow of an additional amount of spade husbandry, by converting that portion of pasture between the Asylum and the High Road into Garden. If all has not been attained which is desirable, it must be granted the account is an improving one, since the consumption of produce by the Asylum is annually increasing.

It is doubtless in the remembrance of the Committee of Visitors that when I entered on my duties in the winter of 1846, I predicted, in answer to a question, as to how long it would take to organise the Asylum, that it would occupy at least five years; this excited surprise and probably some disappointment. Last year's Report explained in a few words, what I conceive organization should mean. I repeat we have not yet reached that period. Before approaching another part of my subject, it is therefore incumbent on me respectfully to entreat at your hands, for much greater facilities for future remunerative industry than the Asylum at present possesses, a measure involving alike the best interests of the patients entrusted to my charge, and the rate-payers of the Ridings.

In awarding to industry the highest place amongst the moral agents for the cure and treatment of insanity, let me not be understood to disregard cheerful recreations and pastimes, and occasional meetings of a pleasurable and innocent kind, as important and necessary auxiliaries to a community like the inhabitants of a Lunatic Asylum. Rational enjoyment is very desirable to assist in dispelling or keeping in check the mental harass to which they are so painfully subject.

To reclaim the disordered mind from bewilderment, to divest it of torturing thoughts, to bridle the incoherence of the loquacious,

to dissipate the imaginary ailments of the hypochondriac, to cheer the dispirited and sad, to give hope to the fanatic, to bring within possible limits the aspirations of the exalted and extravagant, to inspire with confidence the mind void of such an attribute ; to effect all these, and the many other wants of an Asylum life, every expedient which humanity can suggest, or ingenuity devise, should be brought into the category of remedial agents. Perhaps one successful example is better than a dozen pages of theory. The patient whose case I will narrate, was admitted from another Asylum, wherein opportunities for employment did not exist. He was associated with some eight or ten other lunatics, in different conditions of insanity, varying from mania to established dementia, and was confined in a day-room which opened into a small airing court surrounded by high walls. His appearance indicated melancholia, which, upon a careful scrutiny, was found to arise from a belief that he had not "a spirit like another man," that "he ought never to have been born," and that those who had given him origin were amenable for his misery and suffering. Impressions of such a nature have led to disasters involving the commission of double crime. Such a tendency caused much anxiety. The principles upon which suicidal patients are managed in this Asylum, were explained two years ago. This man was a blacksmith by trade, and he was therefore taken to the blacksmith's shop, where he immediately commenced working. The influence which novelty of position exercises over the mind of the insane is often very astonishing. In this case, another kind of responsibility was assigned to him, besides those of the forge and anvil : an unruly patient was set to work in his company, whose propensity to steal and frequent attempts to escape, besides some other objectionable practices of which he was guilty, rendered it indispensable that he should be narrowly watched ; this trust was faithfully kept by the blacksmith patient throughout his sojourn in the Asylum. A lathe soon afforded him another novelty, with which he became perfectly fascinated, although he had never previously handled a turning tool. An inventive genius soon manifested itself, which prompted him to contrive a back-action lathe of almost unique construction ; he also became a proficient in making screw-stocks and dies. Nothing could be more striking than the salutary effects of these various occupations. To use his own expression, he said, "I am in heaven now compared with what I was, and I am sure I should have become an idiot had I remained where I was." Since his discharge he has given practical proof of the gratitude he feels, and is now an intelligent and useful member of society, living in the bosom of his family.

Many other examples of cures, and the improvement in general conduct and habits, of some of the most deplorable and apparently helpless patients, of both sexes, might be adduced, all demonstrating

the great benefits conferred on them by systematic usefulness; the intelligent gain knowledge, and bring their judgment to operate upon the works they perform; the weak in body and mind are strengthened and improved; the careless weaned from their indifference; the destructive, dirty, and disorderly, partially turned from their propensities to other objects; and the dangerous expend their energies in the performance of the more difficult and laborious employments.

Thus favourably is an influence, benign in its every bearing, cheerful and encouraging in character, healthy and invigorating in its results, animating and enlivening the slothful and dull, tranquilizing and calming the turbulent, and reconciling the restless, within our command. Thus, too, is it possible to bestow another good, for by such means alone will the public ever be relieved of part of the burdens attached to the insane poor.

I beg to subscribe myself,

Gentlemen,

Your very faithful and obliged servant,

SAMUEL HILL.

RECEIPTS AND PAYMENTS by the Treasurers of the North and East Ridings of Yorkshire County Lunatic Asylum, from the 1st day of January to the 31st day of December, 1850.—
(Pursuant to the 8th and 9th Vict., chap. 126, sect. 44.)

RECEIPTS.

	£.	s.	d.	£.	s.	d.
From Produce of Farm and Garden, and } Sales of Live Stock	139	7	2			
Sales of Rags.....	0	15	0			
				140	2	2

Maintenance Account:—

From Unions and Parishes in Counties and Boroughs, contributing to Asylum.

Bedale.....at 6s. 8½d. weekly	110	16	8			
Beverley.....	194	0	4			
Bridlington	34	19	7			
Burton-cum-Walden	15	19	2			
Darlington	34	19	7			
Driffeld	139	18	4			
Easingwold	53	5	8			
Guisborough	121	2	9			
Helmsley	21	1	8			
Howden.....	103	13	0			
Kirbymoorside ...	66	16	11			
Leyburn.....	69	19	2			
Malton	222	2	11			
Northallerton ...	130	11	6			
Patrington.....	105	1	8			
Pickering	34	19	7			
Pocklington	104	18	9			
Richmond	185	18	5			
Scarborough	81	14	11			
Sculcoates	149	15	10			
Selby	13	11	4			
Skirlaugh	69	19	2			
Skelton	4	18	9			
Stockton-on-Tees	21	9	5			
Stokesley	34	19	7			
Thirsk	158	13	1			
Whitby	261	5	10			
York	166	16	3			
				2713	9	10

Carried forward

2853 12 0

	£.	s.	d.	£.	s.	d.
Brought forward				2853	12	0
<i>From Counties and Places not contributing to Asylum.</i>						
Doncasterat 8s. 9d. weekly	24	18	4			
Sheffield „ „	1	2	6			
	<hr/>			26	0	10
<i>From County Treasurers, for Vagrants.</i>						
East Riding at 6s. 8½d. weekly	49	17	8			
North Riding..... „ „	17	9	10			
	<hr/>			67	7	6
<i>From County Treasurers for additional Buildings and Furniture.</i>						
East Riding proportion ($\frac{1\frac{3}{2}}{3\frac{3}{2}}$).....	2640	12	6			
North Riding do. ($\frac{1\frac{9}{2}}{3\frac{3}{2}}$).....	3859	7	6			
	<hr/>			6500	0	0
<i>From County Treasurers for Repairs, Furniture, and Fittings.</i>						
East Riding proportion ($\frac{1\frac{3}{2}}{3\frac{3}{2}}$).....	152	0	1			
North Riding do. ($\frac{1\frac{9}{2}}{3\frac{3}{2}}$).....	222	3	3			
	<hr/>			374	3	4
<i>Repayment of Funeral and other Expenses.</i>						
Beverley.....	2	4	0			
Easingwold	1	11	6			
Guisborough	1	11	6			
Howden.....	1	13	0			
Kirbymoorside	1	11	6			
Malton	2	15	6			
Northallerton.....	1	10	0			
Richmond	1	11	6			
Selby	0	19	6			
Stockton-on-Tees	0	18	3			
Thirsk	0	2	6			
Whitby	1	11	6			
	<hr/>			18	0	3
<i>Miscellaneous.</i>						
Clothing sold	171	16	3			
Discounts	2	16	4			
Washing	80	7	3			
Sundry other receipts.....	1	17	0			
	<hr/>			256	16	10
<i>Total receipts</i>				<hr/>		
				£10,096	0	9

PAYMENTS.

Salaries and Wages.

	£.	s.	d.	£.	s.	d.
Officers	741	0	0			
Attendants.....	251	16	3			
Servants	109	6	5			
	<hr/>			1102	2	8

*Provisions, (including all articles in dietary.)**

Ale and porter, 396 gallons	29	9	0
Barley, 40 st.....	4	0	0
Beer, 6505 galls.	144	6	0
Malt, 4½ bushels	1	13	9
Hops, 28 lbs.	1	12	8
Butter, 141 st. 5½ lbs.	78	1	4
Cheese, 13 cwt. 0 qr. 7¾ lbs.	30	4	8
Coffee, 115 lbs.	7	5	0
Currants, 70 lbs.	1	11	2½
Eggs, 9 dozen	0	7	0
Flour, 205 sacks	288	10	0
Meat, 1579 st. 5½ lbs.	394	17	0
Oatmeal, 20 sacks	27	11	6
Pease, 90 st.	7	2	6
Raisins, 56 lbs.	1	5	8
Rice, 120 st.	12	0	0
Sugar (loaf) 49 lbs.	1	4	6
Sugar (moist) 9 cwt.....	17	12	4
Tea, 486 lbs.	76	11	4
Tobacco and pipes	17	18	9
Vinegar, salt, pepper, mustard, } spices, &c.	10	1	1
Wine and spirits	7	4	0
Miscellaneous, as arrow-root, sago, } &c.	8	18	10

1169 8 1½
Necessaries.

Candles	8	12	6
Coals, 244 tons, 13 cwt. 1 qr.	108	15	1
Coke, 3 chaldrons	1	4	0
Gas.....	67	8	11
Oil	1	6	4
Soap, 31 cwt. 3 qrs. 17 lbs.	60	16	11
Soda, 16 cwt. 2 qrs. 6 lbs.	6	5	7
Starch and blue	3	18	7½
Miscellaneous, as hearth-stone, } blackening, black lead, Bath } bricks, &c.	4	13	8

263 1 7½

Carried forward.....

£2534 12 5

* For contract prices of the principal articles of provisions and necessaries see pages 24 and 25.

	£.	s.	d.	£.	s.	d.
Brought forward				2534	12	5
<i>Surgery and Dispensary.</i>						
Drugs.....	10	0	10			
	<hr/>			10	0	10
<i>Clothing.</i>						
Calico.....	4	3	4			
Canvass	0	1	4			
Dowlas	0	16	6			
Flannel	0	2	9			
Fustian	30	18	1			
Lawn	0	17	4			
Leather	29	8	9			
Linen	3	6	7			
Nankeen or jean	4	12	8			
Print	14	18	2			
Shirting	2	12	6			
Towelling	2	4	6			
Thread, needles, tapes, and buttons	0	7	6			
Worsted and yarn	36	3	8			
Sundries.....	2	16	11			
	<hr/>			133	10	7
<i>Furniture and Bedding.</i>						
Crockery	8	18	9			
Culinary utensils, brushes, mops, &c.	20	8	1			
Straw, hair, and bedding materials...	43	12	8			
Sundries.....	2	3	0			
	<hr/>			75	2	6
<i>Funeral Expenses.</i>						
Coffins and shrouds	9	16	6			
Bearers and hearse	3	0	0			
Burial fees	2	0	6			
	<hr/>			14	17	0
<i>Buildings.</i>						
Paid to contractors, and on fur- } nishing account.....	3269	4	10			
	<hr/>			3269	4	10
<i>Repairs.</i>						
Blacksmith.....	30	0	0			
Bricklayer	43	4	6			
Carpenter	44	0	3			
Cement	1	18	0			
Fire Bricks	1	16	7			
Glass	9	4	3			
Ironfounder	11	0	5			
Ironmonger	33	15	11			
	<hr/>					
Carried forward.....	174	19	11	6037	8	2

	£.	s.	d.	£.	s.	d.
Brought forward	174	19	11	6037	8	2
<i>Repairs (continued).</i>						
Insurance	48	13	6			
Lime	0	13	2			
Paint and oil	7	12	3			
Plumber and glazier	14	5	11			
Scaffold poles	0	12	0			
Stone	29	15	9			
Tiles for house-drains	16	7	9			
Timber	15	11	1			
Other materials	6	11	0			
	<hr/>			315	2	4
<i>Garden and Farm.</i>						
Live stock	53	5	6			
Implements	13	16	2			
Labour	70	0	3			
Manure	11	4	6			
Pipe tiles and garden pots	2	1	10			
Provender	52	4	8			
Seeds	25	5	0			
Taxes	14	3	10			
Cattle medicine	1	4	6			
	<hr/>			243	6	3
<i>Miscellaneous.</i>						
Advertisements, stationery, postage, } printing, &c.	39	18	9			
Taxes	4	6	4			
Removals, charged to unions	3	3	3			
Carriage of goods and parcels	3	2	11			
Incidentals	28	0	0 $\frac{1}{2}$			
	<hr/>			78	11	3 $\frac{1}{2}$
Advanced on garden wall account...	10	10	0			
Advanced on furnishing account ...	13	10	8			
	<hr/>			24	0	8
<i>Total of payments</i>				£6698	8	8 $\frac{1}{2}$

GENERAL STATEMENT of RECEIPTS and PAYMENTS on account of the North and East Ridings of Yorkshire County Lunatic Asylum, between the 1st day of January and the 31st day of December, 1850.

RECEIPTS.				PAYMENTS.			
	£.	s.	d.		£.	s.	d.
Balance on construction account, 1849	87	12	8	Salaries and wages	1102	2	8
Balance on maintenance account, 1849	1250	11	7	Provisions	1169	8	1½
Balance in Steward's hands	2	5	4	Necessaries	263	1	7½
From sales of produce, &c.	140	2	2	Surgery and dispensary ...	10	0	10
Maintenance of patients from places within the Ridings	2713	9	10	Clothing.....	133	10	7
Maintenance of out-county patients	26	0	10	Furniture and bedding.....	75	2	6
Maintenance of vagrants ...	67	7	6	Funeral expenses	14	17	0
From County Treasurers for additional buildings and furniture	6500	0	0	Building and furnishing ...	3269	4	10
From County Treasurers for repairs, furniture, and fittings.....	374	3	4	Repairs, furniture, and fittings	315	2	4
Re-payment of funeral and other expenses	18	0	3	Farm and garden	243	6	3
Miscellaneous, as washing, sales of clothing, &c...	256	16	10	Miscellaneous	78	11	3½
TOTAL	£11,436	10	4	Balance on construction account	3318	7	10
				Balance on maintenance account	1375	0	0
				Advanced on furnishing account, &c.	24	0	8
				Balance in Steward's hands	44	13	9½
				TOTAL.....	£11,436	10	4

Aggregate number of days of residence of patients:—58275.

Average daily number of patients 159²⁴⁰/₃₆₅

SUMMARY OF COST PER HEAD PER WEEK :

Salaries and Wages	2s. 7 ³ / ₄ d.—	5411
		58275
Provisions	2s. 9 ¹ / ₂ d.—	49560
		58275
Necessaries	0s. 7 ¹ / ₂ d.—	19656
		58275
Surgery and Dispensary	0s. 0 ¹ / ₄ d.—	9205
		58275
Clothing	0s. 3 ³ / ₄ d.—	23191
		58275
Farm and Garden	0s. 2 ³ / ₄ d.—	52507
		58275
Miscellaneous	0s. 2d.—	35462
		58275
	6s. 10 ¹ / ₄ d.—	20167
		58275
Less from miscellaneous receipts.....	0s. 7 ¹ / ₄ d.—	36001
		58275
Actual cost	6s. 2 ³ / ₄ d.—	42441
		58275

1st March, 1851.

JOHN ROBERTS, CLERK OF THE ASYLUM.

NORTH AND EAST RIDINGS OF YORKSHIRE LUNATIC ASYLUM.

Farm and Garden Account for the Year 1850.

RECEIPTS.				EXPENDITURE.			
	£.	s.	d.		£.	s.	d.
Sales of live stock & produce	139	7	2	Purchase of live stock	53	5	6
Potatoes and other vegetables, consumed in the house, and valued at wholesale prices	75	12	11	Implements	13	16	2
Milk, 5409 gallons at 8d.....	180	6	0	Labour	70	0	3
Bacon and pork, 226 st. } 10 lbs, at 5s. 6d. }	62	6	10	Manure	11	4	6
Estimated labour of horse and man, in works not connected with the farm and garden—				Pipe tiles and garden pots ..	2	1	10
Leading 49,100 bricks, at } 1s. 6d. per 1000	3	13	8	Provender	52	4	8
Leading 244 tons, 13½ cwt. } coals, at 1s. 6d. per ton }	18	7	0	Seeds	25	5	0
Leading sand, lime, stone, } cobble, and sundry other } jobs	12	18	0	Taxes.....	14	3	10
				Cattle medicine	1	4	6
				Hog wash	8	0	0
				Rent of land, valued at £3 } per acre }	120	0	0
				Balance	121	5	4
TOTAL	£492	11	7	TOTAL	£492	11	7

Notwithstanding that no land is rented, yet, for the purpose of forming a correct judgment as to the working of the Farm and Garden, it is considered fair that the estimated rent should be included in the expenditure, the charge being the sum at which the land is assessed. For the same reason is the Farm charged with the hog-wash from the House.

NORTH AND EAST RIDINGS OF YORKSHIRE LUNATIC ASYLUM.

Contract prices of the principal articles of consumption, 1850.

Provisions.		Quarter ending 31st March.			Quarter ending 30th June.			Quarter ending 30th Sept.			Qr. ending 31st Dec.		
		£.	s.	d.	£.	s.	d.	£.	s.	d.	£.	s.	d.
Flour	per sack	1	9	0	1	6	0	1	7	6	1	10	0
Oatmeal	do.	1	9	0	1	6	0	1	7	6	1	10	0
Beef (by the side)...	per st.	0	5	0	0	5	0	0	5	0	0	5	0
Mutton (by the carcass) } head, suet, and shank } bones excepted	do.	0	5	0	0	5	0	0	5	0	0	5	0
Cheese.....	per cwt.	2	9	0	2	6	8	2	6	8	2	6	8
Pease	per st.	0	1	9	0	1	6	0	1	6	0	1	6
Rice	do.	0	2	0	0	2	0	0	2	0	0	2	0
Beer*	per gallon	0	0	6	0	0	6	0	0	6	0	0	6
Porter....	per kild.	1	7	0	1	7	0	1	7	0	1	6	0
Coffee	per lb.	0	1	3	0	1	3	0	1	3	0	1	3
Tea	do.	0	3	0	0	3	0	0	3	3	0	3	3
Sugar (moist).....	per cwt.	1	19	8	1	19	8	1	17	4	1	19	8
Tobacco	per lb.	0	3	5	0	3	6	0	3	6	0	3	6

* Subject to a fluctuating discount.

Contract prices of the principal articles of consumption (continued).

		Quarter ending 31st March.				Quarter ending 30th June.				Quarter ending 30th Sept.				Qr. ending 31st Dec.			
<i>Necessaries.</i>		£.	s.	d.		£.	s.	d.		£.	s.	d.		£.	s.	d.	
Coals (average about).....	per ton	0	8	10	...	0	8	10	...	0	8	10	...	0	8	10	
Candles, Dips	per dozen	0	4	8	...	0	4	8	...	0	4	6	..	0	4	6	
„ Moulds.....	do.	0	5	8	...	0	0	0	...	0	5	6	...	0	5	6	
Soap	per cwt.	1	18	0	...	1	16	0	...	1	18	0	...	2	0	0	
Powder Blue	per lb.	0	1	2	...	0	1	2	...	0	1	2	...	0	1	2	
Starch	do.	0	0	4½	...	0	0	4½	...	0	0	4½	...	0	0	4½	
Soda	per cwt.	0	8	0	...	0	8	0	...	0	7	0	...	0	7	0	
Black Lead	per lb.	0	0	5	...	0	0	5	...	0	0	5	...	0	0	5	

JOHN ROBERTS, CLERK AND STEWARD.

Articles made and repaired by the Female Attendants and Patients during the year 1850.

ARTICLES MADE.		
36 pairs of stays	151 pocket handkerchiefs	1212 gowns
109 ditto of fine worsted stockings knitted	46 night gowns	465 petticoats
31 ditto of fine worsted socks ditto	6 petticoats	102 pairs of stays
60 towels	12 table napkins	280 night caps
168 linen day caps, with lawn borders	38 flannel shirts	383 day caps
44 house cloths	113 linen shirts	145 flannel shifts
125 doz. of linen buttons	40 table cloths	110 neckerchiefs
34 round towels	11 dresses	326 aprons
202 aprons	181 neckerchiefs	425 night gowns
85 pairs of leather shoes bound	108 mattress cases	14 drawers
36 iron holders	273 pillow cases	17 pillow cases
2 straw hats	274 sheets	2 blankets
124 linen shifts		138 flannel shirts
106 cotton print gowns	ARTICLES REPAIRED.	1 window blind
55 night caps	771 shifts	2 straw hats
	4608 pairs of stockings, 9 doz. of them newly footed	16 table cloths
	1284 shirts	25 shawls
		10 sheets
		6 bonnets

S. H. HILL, MATRON.

Articles made and repaired by the Male Attendants and Patients during the year 1850.

SHOEMAKERS' LIST OF NEW WORK.	SHOEMAKERS' LIST OF REPAIRS.	TAILORS' LIST OF NEW WORK.
42 pairs of women's leather shoes	192 pairs soled and heeled	46 jackets
3 ditto of women's leather boots	65 ditto soled	24 waistcoats
24 ditto of men's leather boots for heavy wear	216 ditto repaired	40 trousers
1 ditto of water boots	34 ditto of boots strapped and buckled	
	12 ditto soled, heeled, and vamped	TAILORS' LIST OF REPAIRS.
		327 jackets
		397 waistcoats
		1579 trousers
		44 jacket and trousers dresses
		6 short frocks

Mechanical employment is followed by about 20 of the patients : their trades are—Blacksmiths, Whitesmiths, Joiners, Carpenters, Wheelwrights, Stonemasons, Bricklayers, Painters, &c. The Tailor Patients have all been taught the trade since their admission.

JOHN ROBERTS, STEWARD.

NORTH AND EAST RIDINGS OF YORKSHIRE LUNATIC ASYLUM.

Dietary Scale.

DAYS.	BREAKFAST.	DINNER.	SUPPER.*
Monday.....	Gruel, thickened with oatmeal, 1½ pints, with 6 oz. bread.	Pease soup 1½ pints, with 6 oz. of bread.	6 oz. of bread, with butter and tea.
Tuesday.....	Cooked meat, free from bone, 5 oz., bread 6 oz. for males and 4 oz. for females, with vegetables, and ½ pint beer.
Friday
Sunday
Wednesday	Meat pie, with vegetables, and ½ pint of beer.
Saturday
Thursday
		Irish stew 1½ pint, with 4 oz. of bread.

* On Thursdays, ½ pint of beer with 2 oz. of cheese, are substituted for the male patients, in lieu of tea and butter.

Indulgences consist of tobacco, beer, tea, &c., and may be said to be enjoyed by nearly all the patients ; since but few are, at any time, unemployed.

The pease soup and Irish stew are made with legs of beef and necks of mutton, with Scotch barley, vegetables, herbs, &c.

JOHN ROBERTS, STEWARD.

NORTH AND EAST RIDINGS OF YORKSHIRE LUNATIC ASYLUM.

Goods in Store, 1st January, 1851.

		£.	s.	d.
Estimated value of male and female apparel and domestic articles.....		294	9	6
Ditto goods in piece		116	1	2
Ditto provisions		87	18	3
Ditto necessaries		97	11	5½
TOTAL		£596	0	4½

JOHN ROBERTS, STEWARD.